

2022-2023 Summer Sports Program (Record up to 11 May, 2023)



Course	Event		Sex	Remain Quota	Sessions	Total Hrs.	Course Period	Days	Course Time	Course Venue	Fees	Lecturer
	Course Code	Course Title										
Students Courses	PIL_SD	Pilates (Elementary)	M/F	4	6	12	15, 17, 19, 22, 24, 25/5	Mon, Wed, Thu, Fri	10:30-12:30	Table Tennis Room, United College	Student \$80	Mr. Hui KT
	TEN_SD	Tennis (Elementary)	M/F	Full	6	12	15, 17, 19, 22, 24, 29/5	Mon, Wed, Fri	9:00-11:00	3,4,5 University Tennis Court	Student \$80	Mr. Lam KW
	SQU_SD	Squash (Elementary)	M/F	2	6	12	15, 17, 19, 22, 24, 29/5	Mon, Wed, Fri	10:00-12:00	Squash Court, KS Building	Student \$80	Dr. Ng SK
	BAD2_SD	Badminton (Elementary)	M/F	11	6	12	22, 24, 29, 31/5, 2, 5/6	Mon, Wed, Fri	13:00-15:00	YMB Indoor Sports Centre	Student \$80	Mr. Kong TY
	SWM_SD	# Swimming	M/F	10	6	12	15, 16, 17, 18, 22, 23, 24, 25/5	Mon, Tue, Wed, Thu	15:30-17:00	CU Swimming Pool	Student \$80	Mr. Lam KT
	GOF_SD	Golf	M/F	2	6	12	15, 17, 19, 22, 24, 29/5	Mon, Wed, Fri	15:00-17:00	HCF Lawn Area & Whitehead*	Students\$80	Mr. Li CL

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FBF_SD	Fat Burning Fitness Course	M/F	12	4	4	7, 12, 14, 19/6	Mon, Wed	15:00-16:00	Table Tennis Room, Sports Centre	Student \$80	Mr. Ho WK
B&C_SD	Basketball & Conditioning	M/F	11	6	12	16, 18, 23, 25, 30/5, 1/6	Tue, Thu	10:30-12:30	Charles Leung Gymnasium, New Asia	Student \$80	Mr. Au Yeung KH
BBT_SD	Basic Barbell Training	M/F	5	6	12	16, 18, 23, 25, 30/5, 1/6	Tue, Thu	11:00-13:00	CU Fitness Center	Students\$80	Mr. Cheung YK
RUG_SD	Touch Rugby (Elementary)	M/F	11	6	12	22, 24, 29, 31/5, 7, 14/6	Mon, Wed, Fri	15:00-17:00	YMB Indoor Sports Centre	Student \$80	Dr. Choi SM
3x3_SD	3x3 Basketball	M/F	20	6	12	29, 31/5, 2, 5, 7, 9/6	Mon, Wed, Fri	10:00-12:00	Charles Leung Gymnasium, New Asia	Student \$80	Mr. Cheung TF
BAD_SD	Badminton (Elementary)	M/F	Full	6	12	29, 31/5, 2, 5, 7, 9/6	Mon, Wed, Fri	15:00-17:00	Charles Leung Gymnasium, New Asia	Student \$80	Mr. Chan CM
YOG_SD	Yoga	M/F	1	6	12	5, 7, 8, 12, 14, 15/6	Mon, Wed, Thu	10:00-12:00	Table Tennis Room, Sports Centre	Student \$80	Ms. Li SY
TT2_SD	Table Tennis (Elementary)	M/F	1	6	12	6, 8, 9, 13, 15, 16/6	Tue, Thu, Fri	11:00-13:00	Multi-purpose Hall, Chung Chi College	Student \$80	Mr. Cheung WK

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- ⊕ Fitness Room User Certificate will be issued upon completion of the course.
 - Δ Participants for intermediate course are expected to have taken elementary course before.
 - # Participants need to pay for your own pool entry fee. Enrollment will be started when the pool is ready.
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Windsurfing	CUHK Water Sports Centre (15 mins walking distance from CU MTR station)	Please visit the following links if you are interested in water sports. http://www.peu.cuhk.edu.hk/en-gb/facilities/water-sports-centre/wsc-news (English version)  http://www.peu.cuhk.edu.hk/zh-tw/facilities/water-sports-centre/wsc-news (中文版) 
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